

THINGS YOU
CAN
CONTROL

RESTORING YOU



VIDEO 3

GRANT ME
THE
COURAGE
TO CHANGE
THE THINGS
I CAN

THINGS YOU CAN CONTROL

RESTORING YOU



VIDEO 3

1. Your _____ & _____

2. Your _____

3. The _____ you associate with and give _____ & _____

4. Your _____ & how you _____ people

5. Setting healthy _____

6. How you use the _____ you are given

7. This _____

8. Your _____ to _____ and work with or against _____

9. How you _____ your past

REFLECT

What resistance came up for you during this video?

Where do you commit to start letting go and focusing on the things you can control and change rather than the things you cannot?

NOTES